

## MENU #38

**MEAL PLAN** 



MONDAY

Sheet Pan Shrimp and Veggies



TUESDAY

Chicken Barley Soup



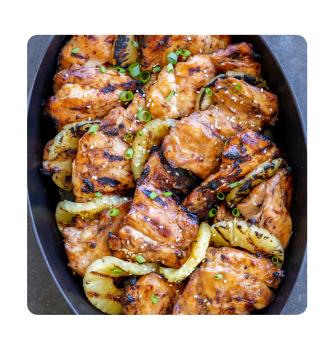
WEDNESDAY

Grilled Ribeye



THURSDAY

Zucchini Ravioli



FRIDAY

Grilled Huli Huli Chicken



SALAD OF THE WEEK

Green Cabbage



SENSATIONAL SNACK

Cucumber Salad

Tomato Galette





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**SHOPPING LIST** 

MEAT / SEAFOOD	PANTRY / OTHER
<ul><li>Jumbo shrimp: 1 lb (M)</li><li>Chicken thighs: 4 lbs (T, F)</li><li>Ribeye steak: 24 oz(W)</li></ul>	<ul> <li>Salt: 4 tsp (T, W)</li> <li>Ground black pepper: 1 tsp (T)</li> <li>Chicken broth: 8⅓ cups (T, F)</li> <li>Soy sauce: ⅓ cup (F)</li> <li>Pearl barley: ¾ cup (T)</li> </ul>
DAIRY / REFRIGERATED	<ul><li>Garlic parsley salt: 2 tbsp+ 1 tsp (M, TH)</li><li>Oil: 3 tbsp (M, T)</li><li>Bay leaves: 2 (T)</li></ul>
Ricotta cheese: 16 oz (TH)	Pasta sauce: 25 oz (TH)
Parmesan cheese: ½ cup (TH)	Pineapple juice: 1 cup (F)
Mozzarella cheese: 1 cup (TH)	Ketchup: ½ cup (F)
	Brown sugar: ½ cup (F)
PRODUCE	
Garlic: 2 cloves (F)	
Onions: 1 (T)	
Red bell pepper: 1 (M)	
Zucchini: 3 (M, TH)	
Red onion: 1 (M)	
Broccoli florets: 3 cups (M)	
Carrots: 3 (T)	
Celery: 2 ribs (T)	
Parsley: 1 bunch (T)	

## **NOTES:**

Basil : 1 bunch (TH)
Ginger: 1 tsp (F)

- If you're planning to make any of the secondary suggested recipes (including the "Salad of the Week" and "Sensational Snack"), make sure to add those ingredients to your shopping list.
- Don't forget to add the usual snacks and fruit to your grocery list, too! Fruits, nuts, cheeses, and yogurt are my regulars.